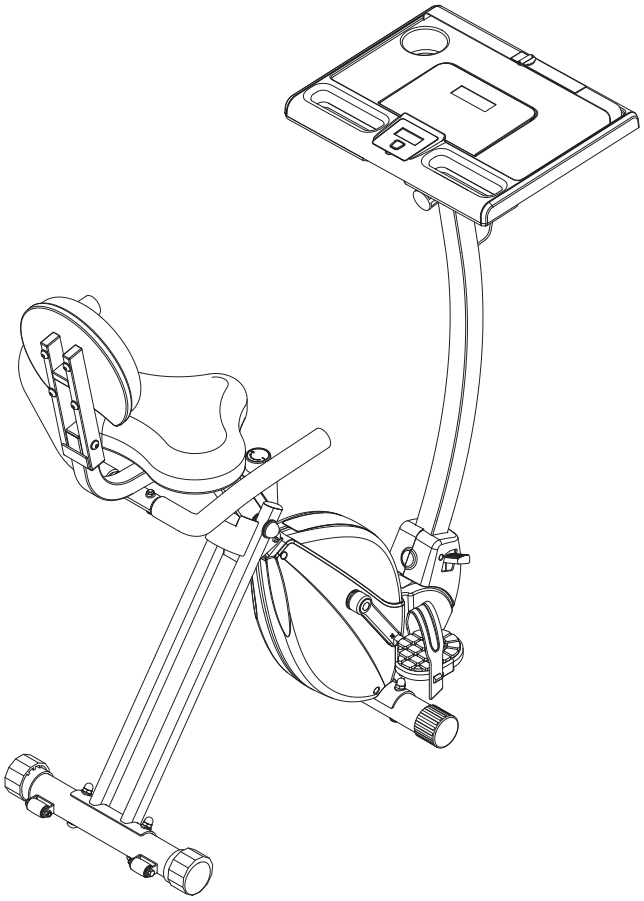
wirk™ Ride

Owner's Manual

active forever™
IMPROVING OUTCOMES. IMPROVING LIVES.



Product May Vary Slightly From Pictured.

⚠ WARNING

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number:

Model#: 85-2221A

CAUTION:
Weight on the Seat should not exceed 300 lbs.
Weight on the Desktop should not exceed 30 lbs.

This Product is Distributed Exclusively by

STAMINA® PRODUCTS, INC.

2040 N. Alliance, Springfield, MO 65803
Customer Service
1 (800) 375-7520
www.staminaproducts.com

STAMINA PRODUCTS
MADE IN CHINA

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2015, 07

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SAFETY INSTRUCTIONS

⚠ WARNING **This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.**

⚠ CAUTION **Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in bodily injury and property damage.**

⚠ WARNING **To reduce the risk of serious injury, read the following Safety Instructions before using the Wirk™ Ride Workstation.**

1. Save these instructions and ensure that other exercisers read this manual prior to using the **Wirk™ Ride Workstation** for the first time.
2. Read all warnings and cautions posted on the **Wirk™ Ride Workstation.**
3. The **Wirk™ Ride Workstation** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. We recommend that two people be available for assembly of this product.
5. Keep children away from the **Wirk™ Ride Workstation.** Do not allow children to use or play on the **Wirk™ Ride Workstation.** Keep children and pets away from the **Wirk™ Ride Workstation** when it is in use.
6. The **Wirk™ Ride Workstation** is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **Wirk™ Ride Workstation** on a solid level surface. Do not position the **Wirk™ Ride Workstation** on loose rugs or uneven surfaces.
9. Remove all items from the Desktop(21) before moving or folding the **Wirk™ Ride Workstation.**
10. Remove all items from the Desktop(21) when the **Wirk™ Ride Workstation** is not in use.
11. Make sure that adequate space is available for access to and around the **Wirk™ Ride Workstation.**
12. Keep fingers clear of all pinch points when folding and unfolding the **Wirk™ Ride Workstation.**
13. Before using, inspect the **Wirk™ Ride Workstation** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
14. Each user should adjust the seat per instructions on page 13.
15. Do not attempt to adjust the seat while you are on the **Wirk™ Ride Workstation.**
16. Make sure the Table Post(4) and Seat Post(6) is locked properly by the Adjustment Knobs(36).
17. Make sure the Rear Frame(2) is locked properly by the Ball Pin(49) when in storage.
18. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
19. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
20. Do not wear loose or dangling clothing while using the **Wirk™ Ride Workstation.**
21. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
22. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Wirk™ Ride Workstation,** loss of balance may result in a fall and serious bodily injury.
23. The **Wirk™ Ride Workstation** should not be used by persons weighing over 300 pounds.
24. The **Wirk™ Ride Workstation** should be used by only one person at a time.
25. The **Wirk™ Ride Workstation** is for consumer use only. It is not for use in public or semipublic facilities.

NEED HELP?
CONTACT US FIRST
1 (800) 375-7520
customerservice@staminaproducts.com

Hi! From all of us here at Stamina Products, thank you for your purchase. We know that you have big fitness goals in mind and we are here to help you along. Call us, email us, or send us a message on Facebook. Be sure to contact us if you have any questions on your new product. We look forward to hearing from you!

With your body in mind,
Stamina Customer Service

To enact your warranty and to help us better serve you, please **go online** and register your new product.

register.staminaproducts.com

It is quick and easy to register online, but if you're a little old school or just need a reason to raise that little flag on your mailbox, fill out the info on the last page of this manual and mail it in.

ONLINE
customerservice@staminaproducts.com
www.staminaproducts.com

TELEPHONE
1 (800) 375-7520

FAX
(417) 889-8064

MAIL
Stamina Products, Inc.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO 65801-1071

facebook.com/StaminaProducts
facebook.com/AeroPilates

CUSTOMER SERVICE HOURS:
Monday-Thursday, 7:30 AM-5:00 PM, Central Time
Friday, 8:00 AM-3:00 PM, Central Time

BEFORE YOU BEGIN

Thank you for choosing the **Wirk™ Ride Workstation.** We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **Wirk™ Ride Workstation** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

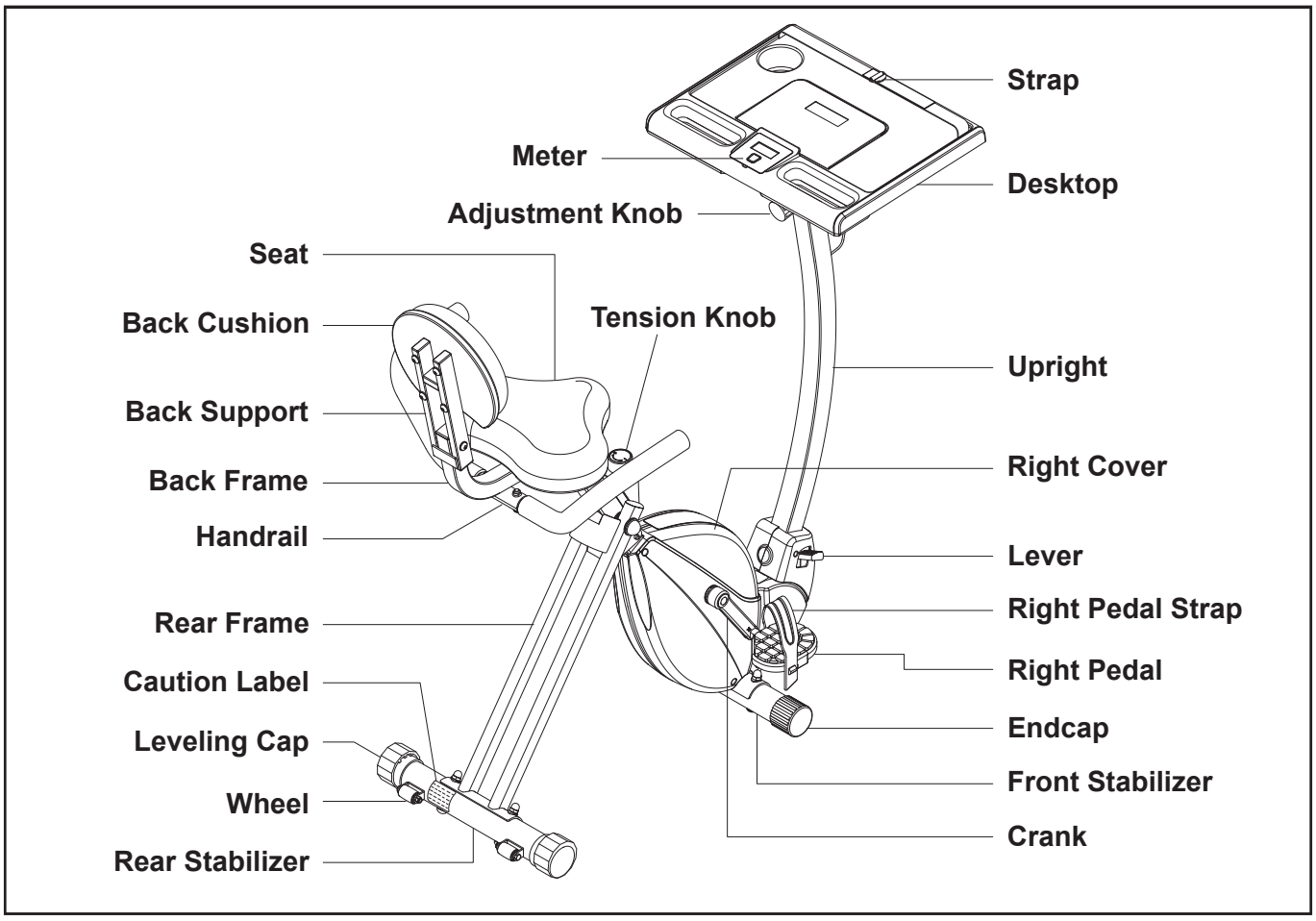
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **Wirk™ Ride Workstation.**

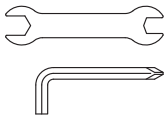
Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **Wirk™ Ride Workstation,** please do not return the product. Contact us FIRST!

If a part is missing or defective, please go to staminaproducts.com under the Service section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Wrench

Allen Wrench (5mm) w/ Screwdriver

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

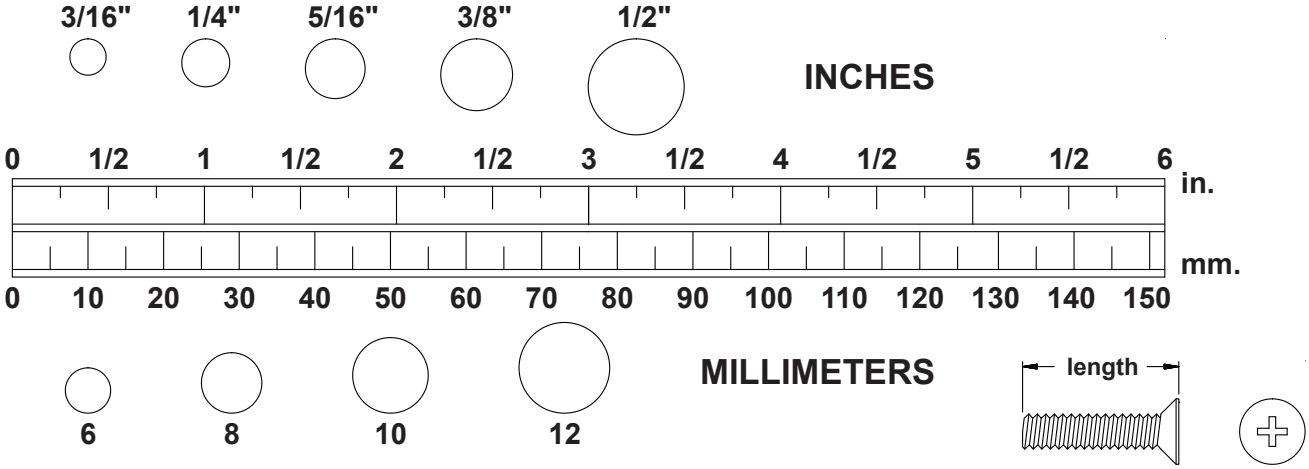
This chart is provided to help identify the warning, caution, and notice labels on the **Wirk™ Ride Workstation.** Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

Label is larger than actual size

W1 **CAUTION LABEL(103)**

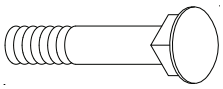
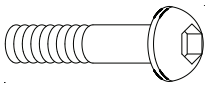
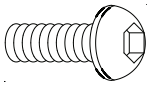
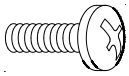
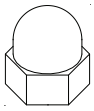
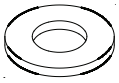
HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part Number and Description		Qty
	62	Carriage Bolt (M8 x 1.25 x 60mm)	4
	65	Carriage Bolt (M8 x 1.25 x 48mm)	2
	64	Bolt, Button Head (M8 x 1.25 x 40mm)	6
	71	Bolt, Button Head (M8 x 1.25 x 12mm)	3
	74	Screw, Round Head (M6 x 1 x 12mm)	1
	79	Acorn Nut (M8 x 1.25)	4
	80	Arc Washer (M8)	6
	81	Washer (M8)	9
	115	Large Washer (ø8.6xø22x1.5mm Thick)	3
	82	Nylock Nut (M8 x 1.25)	5

ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to staminaproducts.com under the Service section and order the part needed, e-mail us at customerservice@staminaproducts.com, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

STEP 1

Refer to illustration A. Remove the **BALL PIN(49)** from the **REAR FRAME(2).** Unfold the **REAR FRAME(2)** away from the **MAIN FRAME(1).** Lock the frame assembly in unfold position by inserting the **BALL PIN(49)** into the hole in the **REAR FRAME(2).**

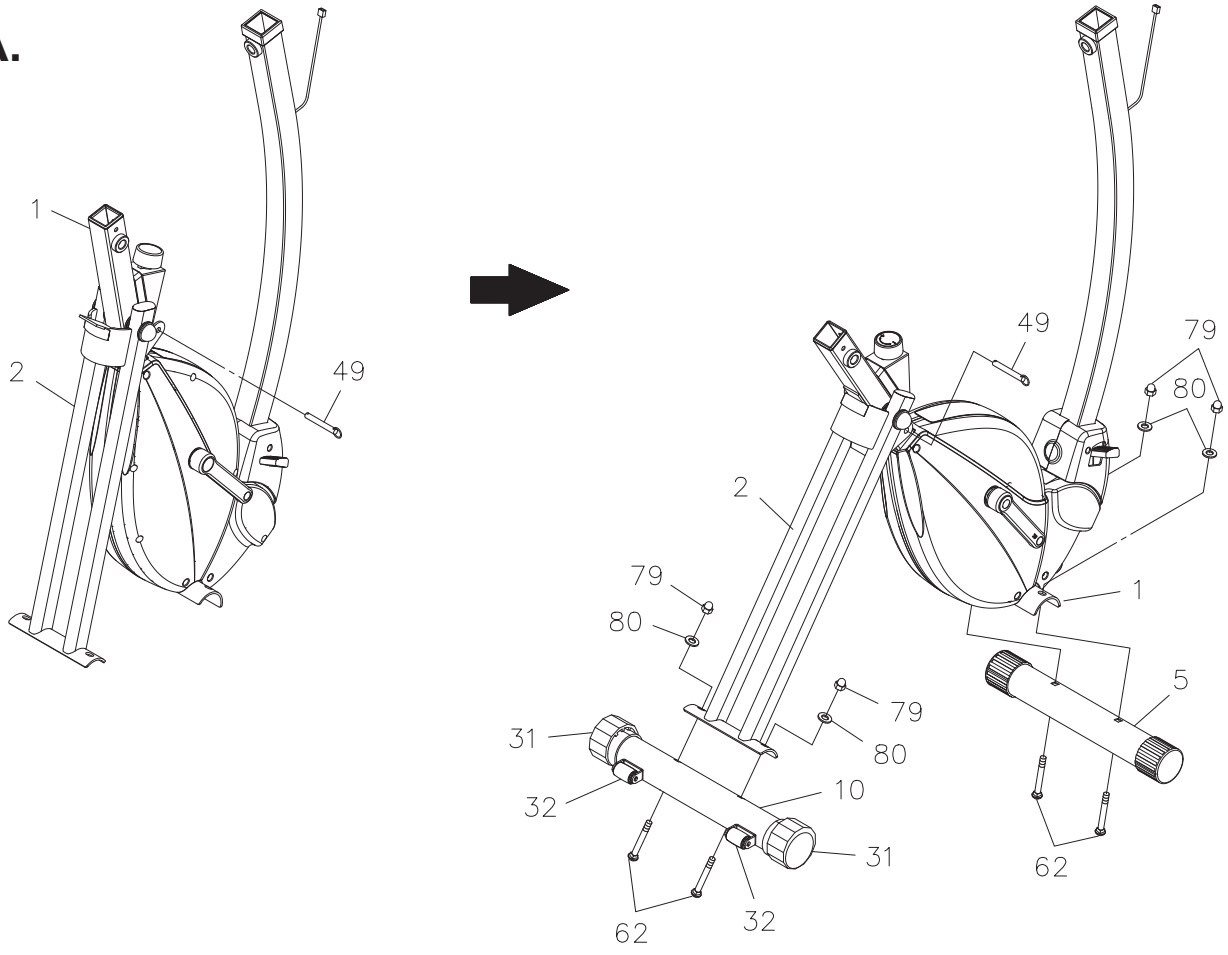
STEP 2

Attach the **REAR STABILIZER(10),** the one with **WHEELS(32),** to the **REAR FRAME(2)** with the wheels facing backward. Secure with **CARRIAGE BOLTS(M8x1.25x60mm)(62), ACORN NUTS(M8x1.25)(79),** and **ARC WASHERS(M8)(80).**

STEP 3

Attach the **FRONT STABILIZER(5)** to the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x60mm)(62), ACORN NUTS(M8x1.25)(79),** and **ARC WASHERS(M8)(80).**

A.



ASSEMBLY INSTRUCTIONS

STEP 4

Attach the **SEAT(39)** to the **SEAT POST(6)** with **NYLOCK NUTS(M8x1.25)(82)** and **LARGE WASHERS (ø8.6xø22x1.5mm Thick)(115).** Insert the **SEAT POST(6)** into the **MAIN FRAME(1)** and secure with the **ADJUSTMENT KNOB(36).**

NOTE: 1. Make sure that the pin on the **ADJUSTMENT KNOB(36)** is inserted into one of the holes in the **SEAT POST(6).**

2. The **ADJUSTMENT KNOB(36)** should be screwed in tight to make the **SEAT POST(6)** fit securely in the **MAIN FRAME(1).**

STEP 5

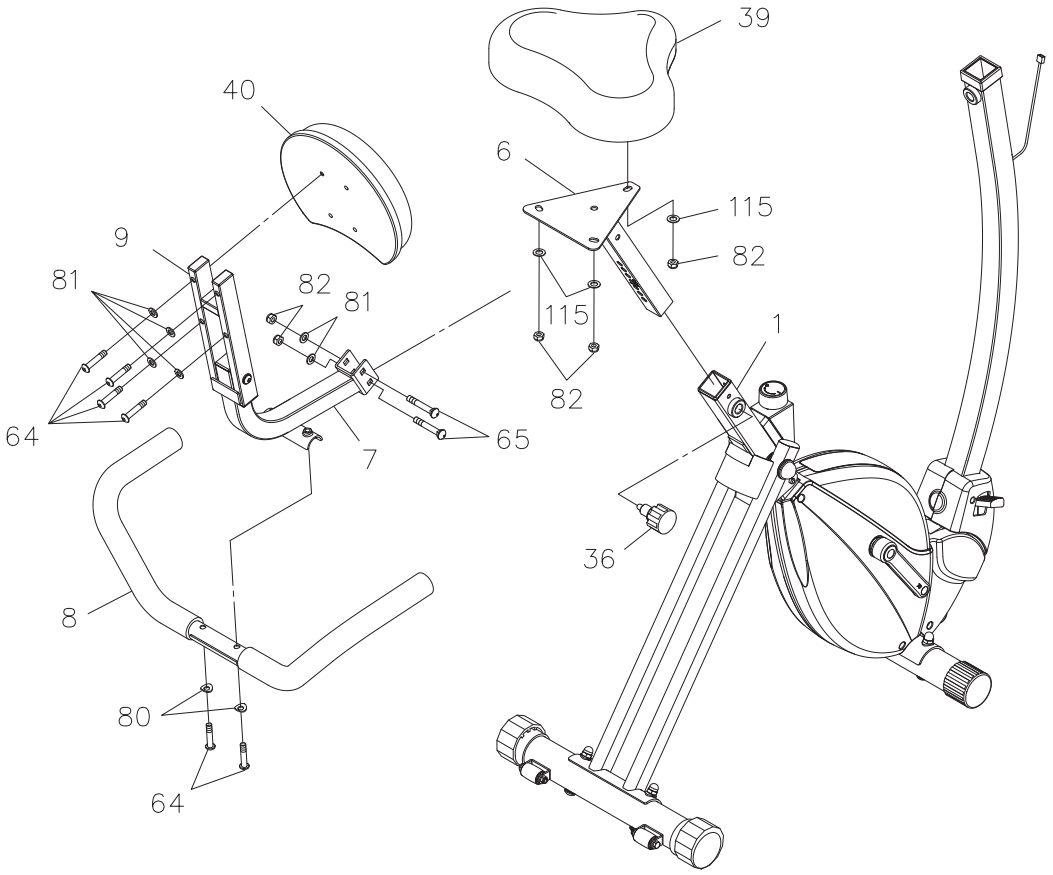
Attach the **BACK FRAME(7)** to the **SEAT POST(6)** with **CARRIAGE BOLTS(M8x1.25x48mm)(65), NYLOCK NUTS(M8x1.25)(82),** and **WASHERS(M8)(81).**

STEP 6

Attach the **HANDRAIL(8)** to the **BACK FRAME(7)** with **BUTTON HEAD BOLTS(M8x1.25x40mm)(64)** and **ARC WASHERS(M8)(80).**

STEP 7

Attach the **BACK CUSHION(40)** to the **BACK SUPPORT(9)** with **BUTTON HEAD BOLTS(M8x1.25x40mm) (64)** and **WASHERS(M8)(81).**



ASSEMBLY INSTRUCTIONS

STEP 8

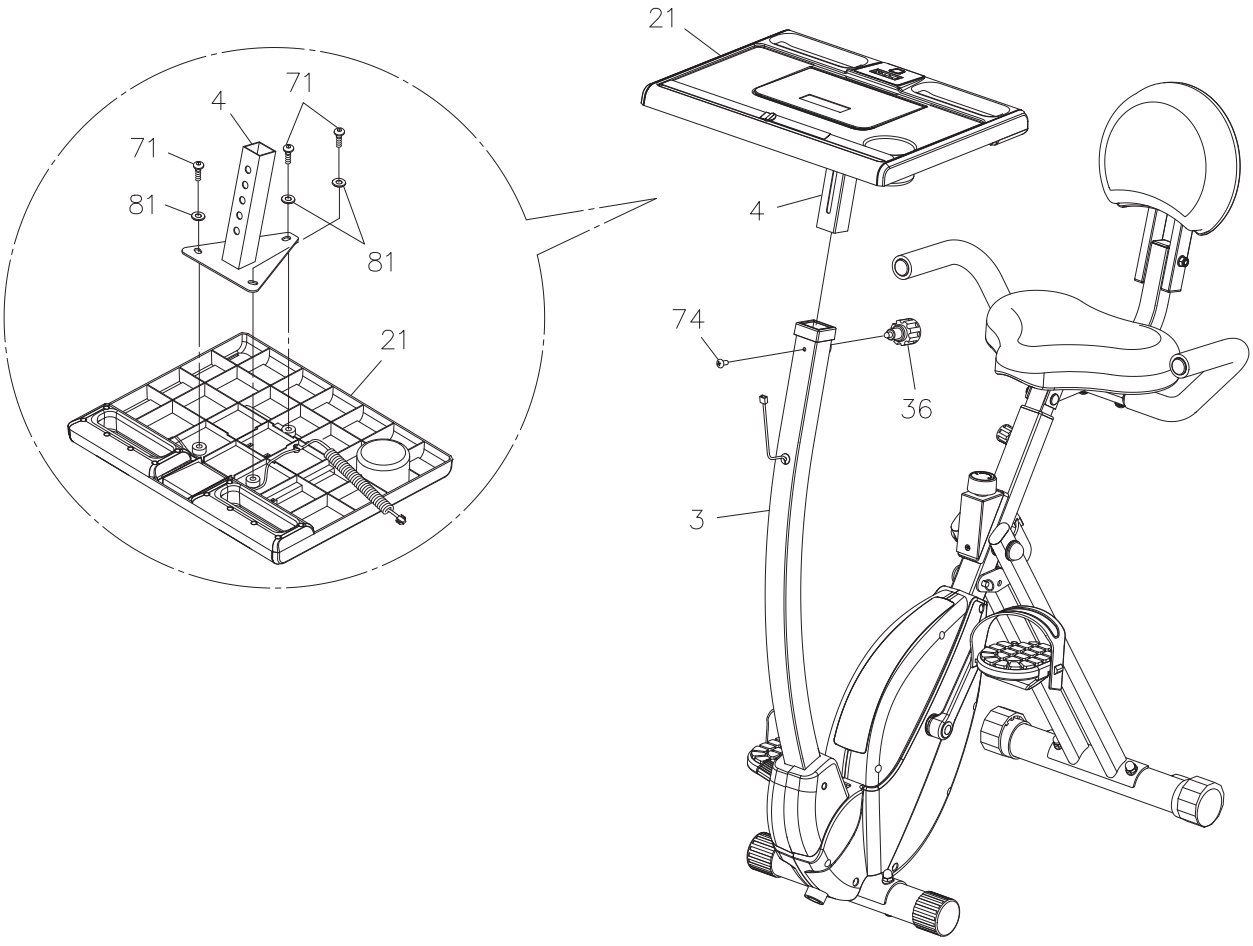
Refer to the detail view. Attach the **DESKTOP POST(4)** to the **DESKTOP(21)** with **BUTTON HEAD BOLTS(M8x1.25x12mm)(71)** and **WASHERS(M8)(81).**

STEP 9

Insert the **DESKTOP POST(4)** into the **UPRIGHT(3)** and secure with the **ADJUSTMENT KNOB(36).** Bolt the **ROUND HEAD BOLT(M6x1x12mm)(74)** onto the **UPRIGHT(3)** for security.

NOTE: 1. Make sure that the pin on the **ADJUSTMENT KNOB(36)** is inserted into one of the holes in the **DESKTOP POST(4).**

2. The **ADJUSTMENT KNOB(36)** should be screwed in tight to make the **DESKTOP POST(4)** fit securely in the **UPRIGHT(3).**



ASSEMBLY INSTRUCTIONS

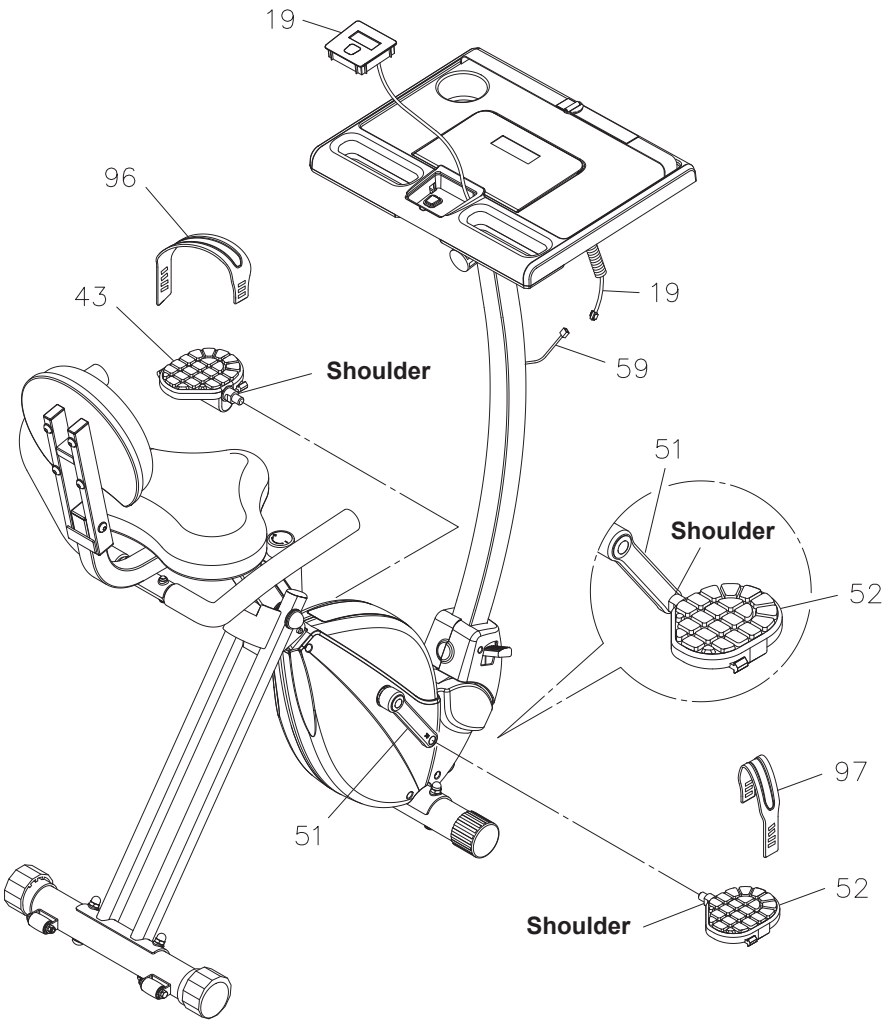
STEP 11

NOTE: The **RIGHT PEDAL(52)** has **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(52)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(43)** has **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(43)** has left hand threads and is tightened by turning counterclockwise.

Thread the **RIGHT PEDAL(52)** to the **RIGHT CRANK(51)** as shown. Tighten the pedal securely. Refer to the detail view below. The shoulder of the **PEDALS(43, 52)** should be in contact with the **CRANKS(44, 51)** when securely tightened. Select the **RIGHT PEDAL STRAP(97)** which has **R** marked on the bottom side of the strap. Snap the three hole end to the inside edge of the **RIGHT PEDAL(52).** Snap the other end to the outside edge of the **RIGHT PEDAL(52)** with the **R** mark on the bottom of the **RIGHT PEDAL STRAP(97).** Select adjustment holes which allow your foot to be easily removed from the pedals.
Repeat on the left side in order to attach the **LEFT PEDAL(43)** to the **LEFT CRANK(44)** and snap the **LEFT PEDAL STRAP(96)** to the **LEFT PEDAL(43).**

STEP 12

Refer to the illustration. Pry the **METER(19)** from the **DESKTOP(21).** Install two AAA batteries into the **METER(19),** the batteries are not included. See page 12 for detailed battery installation instructions. Press the **METER(19)** back to the **DESKTOP(21).** Plug the **CONNECTION WIRE(59)** into the wire of the **METER(19).**

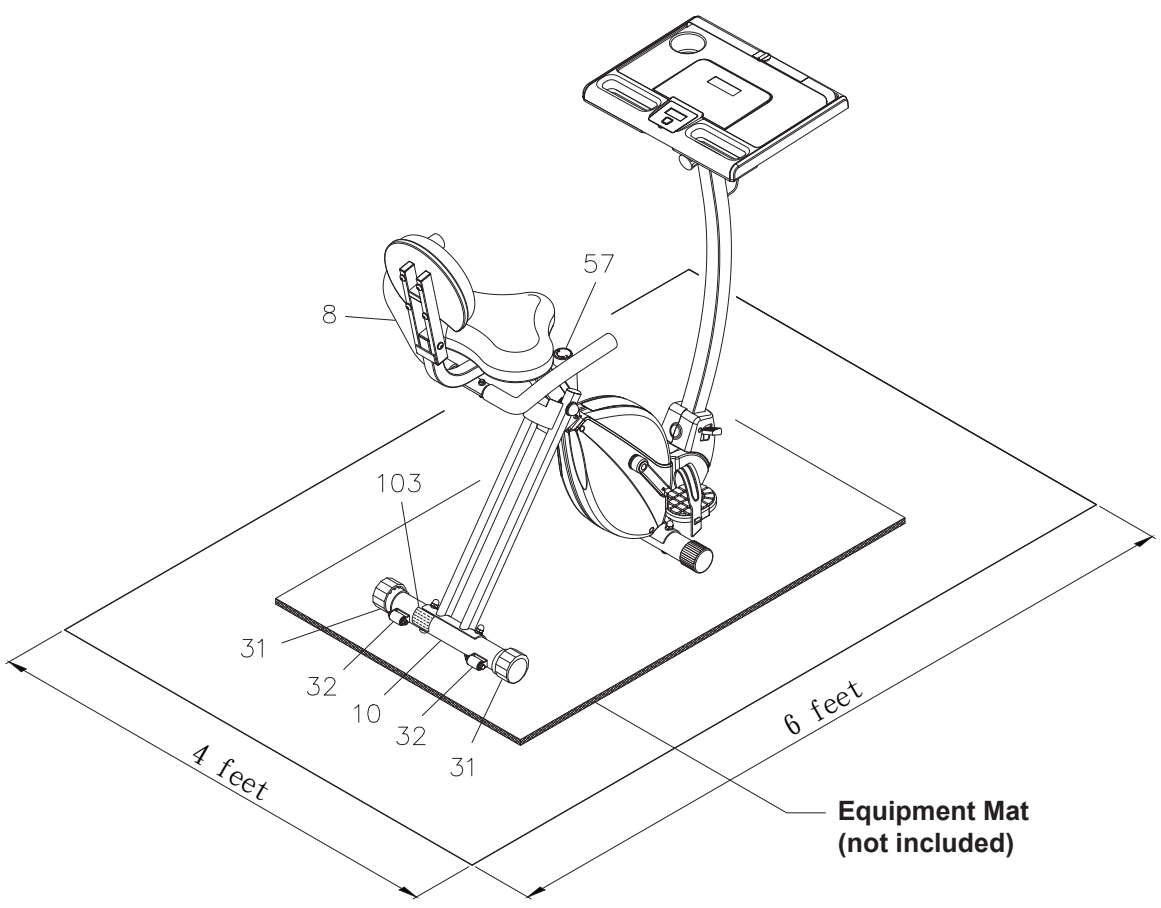


SET UP INSTRUCTIONS

Place the **Wirk™ Ride Workstation** in the area where it will be used. It is recommended that the **Wirk™ Ride Workstation** be placed on an equipment mat. The **Wirk™ Ride Workstation** is approximately 45 inches long x 21.7 inches wide x 45.7 inches tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 6 feet long is required for safe operation of the **Wirk™ Ride Workstation.** Make sure that adequate space is available for access to and passage around the **Wirk™ Ride Workstation.**

LEVELING: Adjust the **LEVELING CAPS(31)** on the **REAR STABILIZER(10)** so that the **Wirk™ Ride Workstation** sits on the floor without rocking.

MOVING: The **Wirk™ Ride Workstation** has a pair of **WHEELS(32)** on the **REAR STABILIZER(10).** Hold the **HANDRAIL(8)** and tilt back on **WHEELS(32)** to move the **Wirk™ Ride Workstation.**



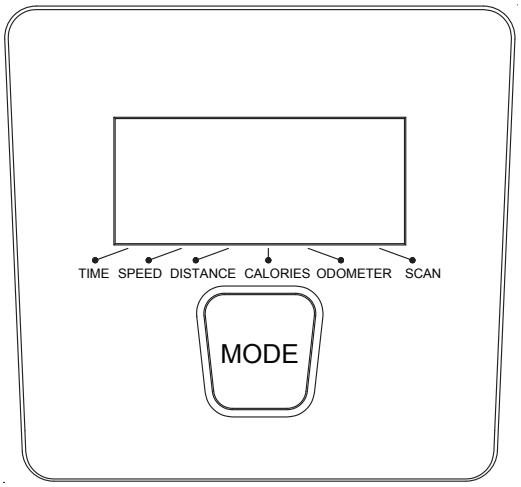
FUNCTION INSPECTION:

Visually inspect the **Wirk™ Ride Workstation** to verify that assembly is as shown in the above illustration. Check the function of the **Wirk™ Ride Workstation** by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(57)** and verify that it functions properly and the resistance changes.

CAUTION: Locate and read the **CAUTION LABEL(103)** on the **WirkTM Ride Workstation.** Make sure that all users read the **CAUTION LABEL(103)** before using the product.

OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER



POWER ON : Pedal movement or press the button.

POWER OFF : Automatically shuts off after four minutes of inactivity.

MODE BUTTON:

Press to select display functions, include **SCAN, TIME, SPEED, DISTANCE, CALORIES,** and **ODOMETER.**
Press and hold for two seconds to reset all functions to zero, except **ODOMETER**.

FUNCTIONS:

SCAN: Automatically scans each function of **TIME, SPEED, DISTANCE, CALORIES,** and **ODOMETER** in sequence, display changes every six seconds. Press and release the button until **"SCAN"** appears on the display.

TIME: Displays the time from one second up to 99:59 minutes.

SPEED: Displays the current speed from zero to 999.9 miles per hour.

DISTANCE: Displays the distance from zero to 999.9 miles.

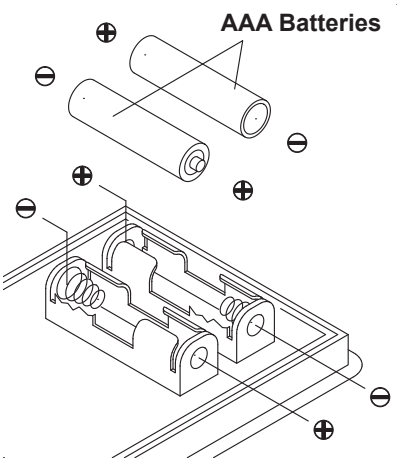
CALORIES: Displays the calories burned from zero to 999.9 Kcal.
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

ODOMETER: Displays the total accumulated distance you have traveled from zero to 9999 miles. The total accumulated distance is retained when the meter is turned off.

NOTE:
1. The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the button and hold it down for two seconds to reset all functions to zero, except **ODOMETER**.
2. The **ODOMETER** will be reset to zero after batteries are removed for battery replacement or storage of the unit.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Use hand or simple tool to pry the **METER(19)** from the **DESKTOP(21).**
2. The meter operates with two AAA batteries, the batteries are not included. Refer to the illustration to install or replace the batteries.



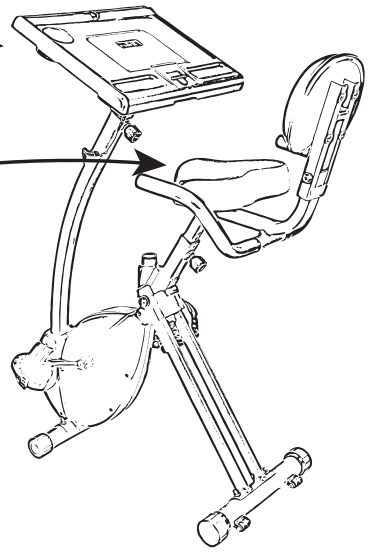
NOTE:
1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.
4. **Ultimate disposal of battery should be handled according to all state and federal laws and regulations.**
5. **Do not dispose of batteries in fire.**

OPERATIONAL INSTRUCTIONS

WEIGHT LIMITATIONS

Desktop
30 Lbs (13.6 kg)

Seat
300 Lbs (136 kg)



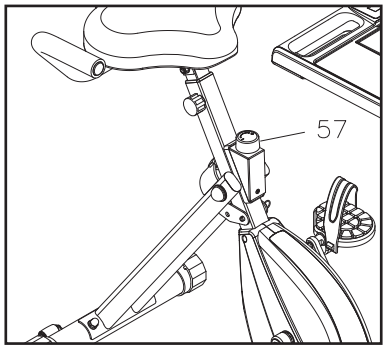
For Your Safety

Failure to follow all warnings and instructions could result in serious injury or death. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product.

WARNING: Serious injuries can occur from **Wirk™ Ride Workstation** tip-over. To help prevent tip-over:

- **Do not exceed listed weight limits**
- **Never allow children to climb or hang on** the **Wirk™ Ride Workstation**
- **Do not lean on the desktop in any direction**

LOAD ADJUSTMENT

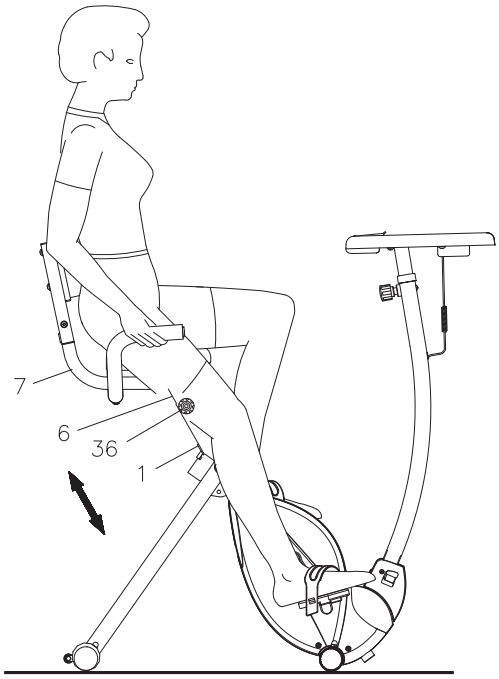


To increase the load, turn the **TENSION KNOB(57)** clockwise.
To decrease the load, turn the **TENSION KNOB(57)** counterclockwise.

SEAT ADJUSTMENT

Proper seat adjustment is important.

1. Turn the **ADJUSTMENT KNOB(36)** to loosen, then pull the **ADJUSTMENT KNOB(36)** to release the pin. Slide the **SEAT POST(6)** until the **SEAT(39)** is at the proper height. Release the **ADJUSTMENT KNOB(36)** making sure the pin catches in one of the holes of the **SEAT POST(6)** and tighten the **ADJUSTMENT KNOB(36).**
2. Sit on the seat and place your feet on the pedals. You should be able to move through a complete pedal stroke without locking your knees or shifting your hips on the seat. The seat is too close to the pedals if you have more than a slight bend in your knees at the bottom of the pedal stroke. The seat is too far from the pedals if you have to completely straighten your knees at the bottom of the pedal stroke. Refer to the illustration.

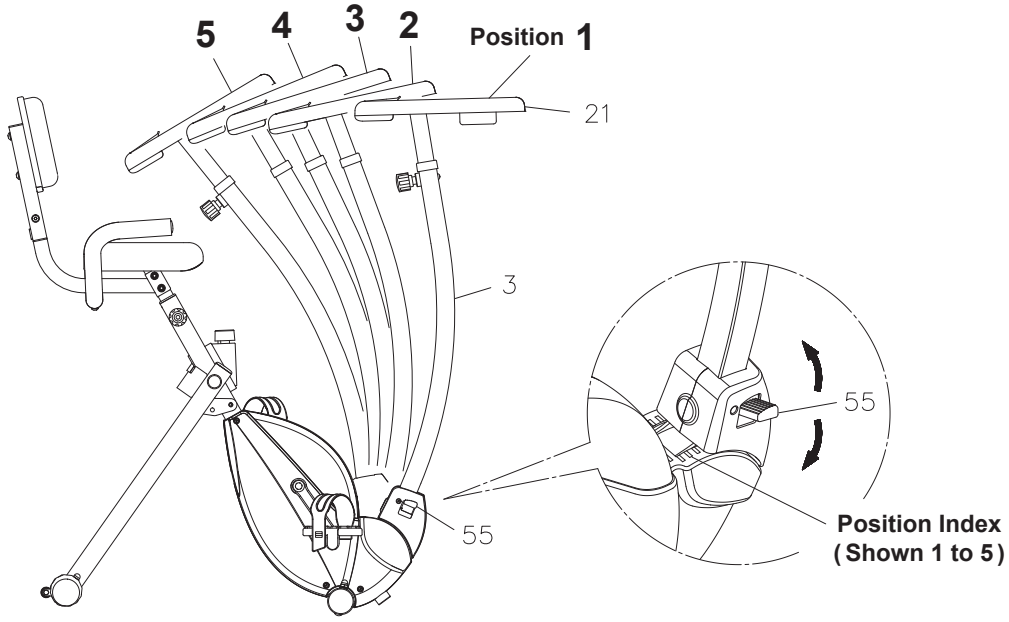


CAUTION:
1. Do not attempt to adjust the seat while you are on the **Wirk™ Ride Workstation.**
2. Always tighten the **ADJUSTMENT KNOB(36)** after adjusting the seat to a new position.

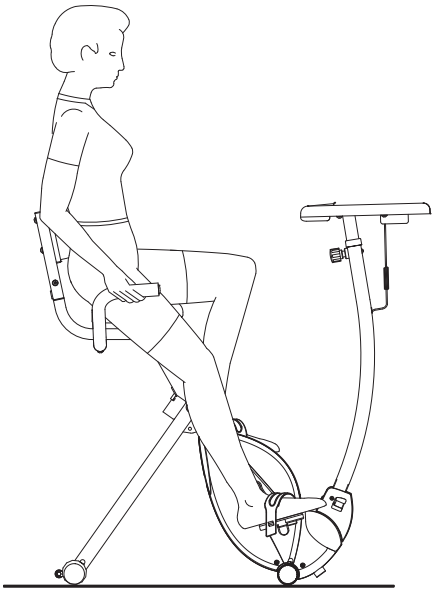
OPERATIONAL INSTRUCTIONS

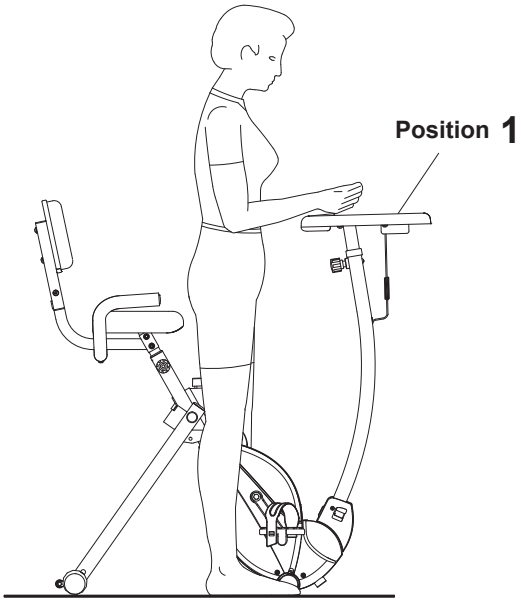
DESKTOP ANGLE ADJUSTMENT

Refer to the illustrations below. The angle of the **DESKTOP(21)** can be set to different angles from **Position 1** to **Position 5.** Lift the **LEVER(55)** up using your right foot, adjust the **UPRIGHT(3)/ DESKTOP(21)** to desired position. Then press the **LEVER(55)** down to lock the **UPRIGHT(3)/ DESKTOP(21)** in position.



The **Wirk™ Ride Workstation** can be used while sitting or standing. Refer to the illustrations below. Please always set the **DESKTOP(21)** at **Position 1** for mounting or dismounting the **Wirk™ Ride Workstation.** For sitting, you can adjust the **DESKTOP(21)** to other angles with the **LEVER(55)** after you are sitting on the bike. For using the **DESKTOP(21)** while standing, please keep the desktop in **Position 1. NEVER USE THE PEDALS WHILE STANDING.**

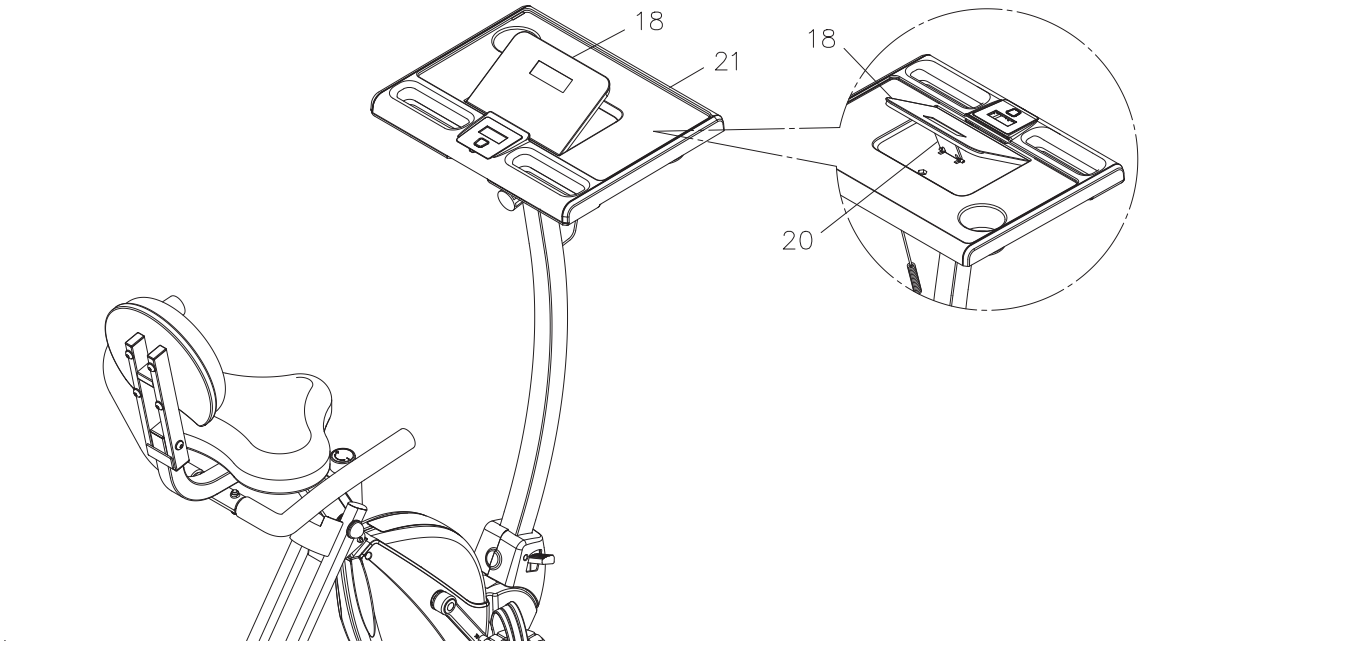




OPERATIONAL INSTRUCTIONS

USING THE TABLET ON THE DESKTOP

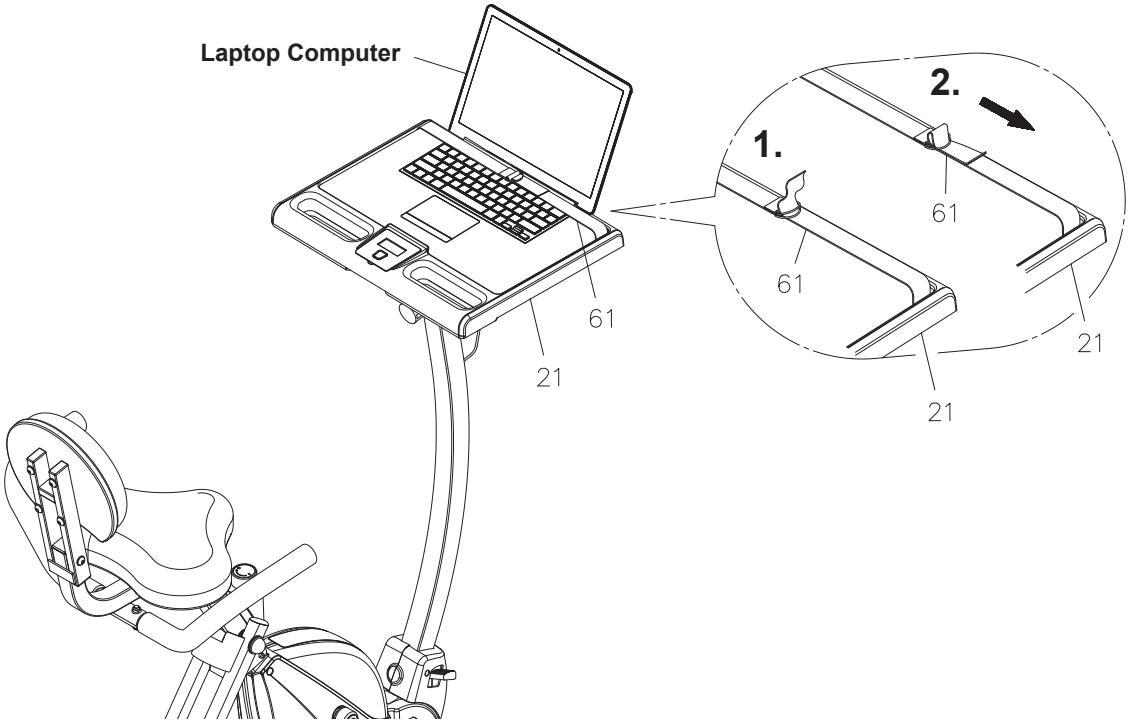
Refer to the illustration below. Set the **TABLET HOLDER(18)** with an angle and use the **TABLET HOLDER SUPPORT(20)** to support the **TABLET HOLDER(18)** from the back. Place your tablet device on the **TABLET HOLDER(18).**



USING THE LAPTOP COMPUTER ON THE DESKTOP

Refer to the illustration below. Place your laptop computer on the **DESKTOP(21).** Use the **STRAP(61)** to secure the laptop as shown in details view 1 and 2.

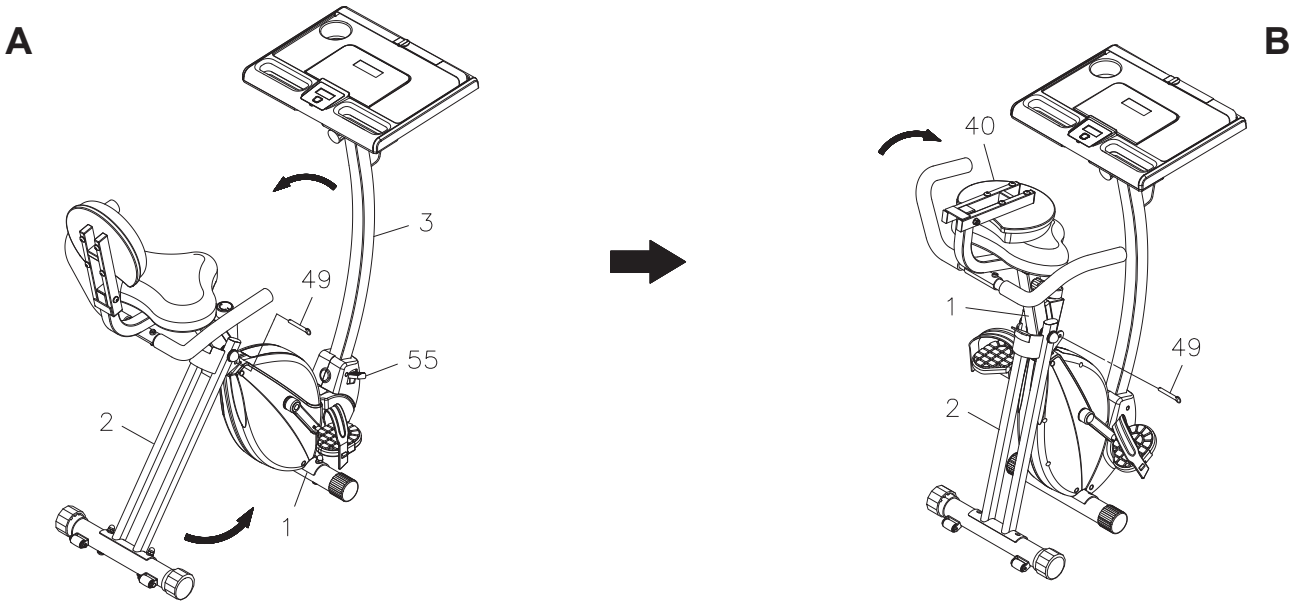
1. Refer to detail view 1. Run the **STRAP(61)** through the two D Rings.
2. Refer to detail view 2. Run the **STRAP(61)** into the gap between the two D Rings, then go through the D Ring at the bottom. Pull the **STRAP(61)** tighten to secure the laptop.



STORAGE

1. Remove all items from the **DESKTOP(21)** before moving or folding the **Wirk™ Ride Workstation.**
2. To store the **Wirk™ Ride Workstation,** simply keep it in a clean dry place.
3. To avoid damage to the electronics, remove the batteries before storing the **Wirk™ Ride Workstation** for one year or more.
4. To move the **Wirk™ Ride Workstation,** hold the **HANDRAIL(8)** and tilt the **Wirk™ Ride Workstation** onto the **WHEELS(32)** of the **REAR STABILIZER(10).**
5. The minimum folded dimensions of the **Wirk™ Ride Workstation** are approximately 31.8 inches long x 21.7 inches wide x 40.4 inches tall. Please measure your **Wirk™ Ride Workstation** if exact dimensions are needed.

   a. Use the **LEVER(55)** to adjust the **UPRIGHT(3)** backward to **Position 5.**
   b. Remove the **BALL PIN(49)** from the **REAR FRAME(2).** Fold the **REAR FRAME(2)** close to the **MAIN FRAME(1)** and lock it in folded position with the **BALL PIN(49).** Fold the **BACK CUSHION(40)** flat.
   NOTE: Make sure the **BALL PIN(49)** goes through the holes on both sides of the **REAR FRAME(2)** and the tube on the **MAIN FRAME(1).**



MAINTENANCE

The safety and integrity designed into the **Wirk™ Ride Workstation** can only be maintained when the **Wirk™ Ride Workstation** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(57)** and verify that it functions properly and the resistance changes.
2. Use a wrench to verify that the pedals are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Verify that the **CAUTION LABEL(103)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(103)** if it is missing or damaged.
5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
6. Worn or damaged components shall be replaced immediately or the **Wirk™ Ride Workstation** removed from service until repair is made.
7. Only Stamina Products supplied components shall be used to maintain/repair the **Wirk™ Ride Workstation.**
8. Keep your **Wirk™ Ride Workstation** clean by wiping it off with an absorbent cloth after use.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

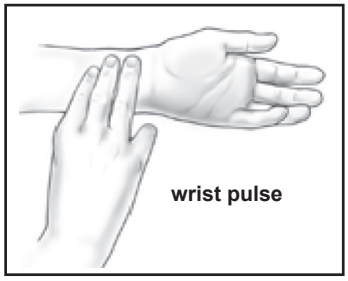
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

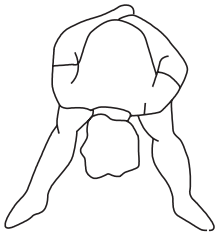
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate

WARM-UP and COOL-DOWN

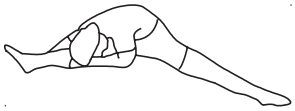
Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

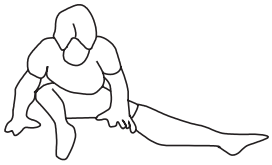
Suggested Stretching Exercises

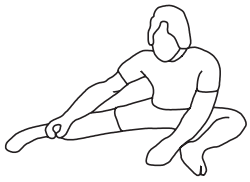


Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessens, gradually try a lower position.



Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.





Bent Torso Pulls
While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

LIMITED WARRANTY

MODEL 85-2221A

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service, proper assembly and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071,** or email us at **customerservice@staminaproducts.com,** or call us at **1-800-375-7520.** If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

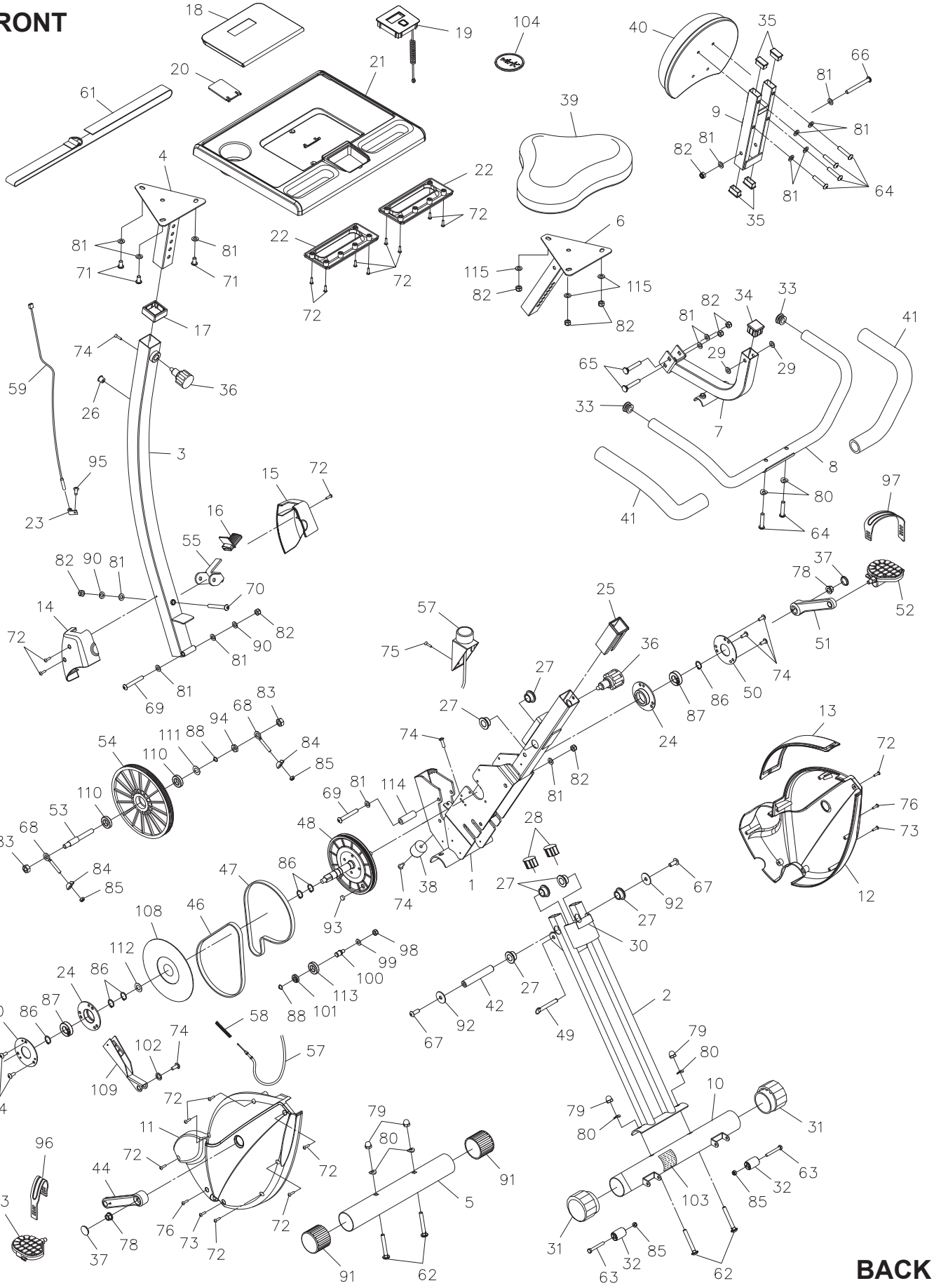
Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

PRODUCT PARTS DRAWING

FRONT



PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Rear Frame	1
3	Upright	1
4	Table Post	1
5	Front Stabilizer	1
6	Seat Post	1
7	Back Frame	1
8	Handrail	1
9	Back Support	1
10	Rear Stabilizer	1
11	Left Cover	1
12	Right Cover	1
13	Top Cover	1
14	Left Front Cover	1
15	Right Front Cover	1
16	Lever Cover	1
17	Hollow Cap	1
18	Tablet Holder	1
19	Meter	1
20	Tablet Holder Support	1
21	Desktop	1
22	Bottom Cap	2
23	Sensor Clip	1
24	Bearing Housing	2
25	Bushing	1
26	Grommet Plug	1
27	Plastic Bushing	6
28	Oval Plug (20mm x 40mm)	2
29	Plastic Washer (ø8.2 x ø16 x 2mm Thick)	2
30	Protection Pad	1
31	Leveling Cap	2
32	Wheel	2
33	Round Plug (25mm)	2
34	Square Plug (30mm x 30mm)	1
35	Rectangular Plug (15mm x 30mm)	4
36	Adjustment Knob	2
37	Crank Cap	2
38	Bumper	1
39	Seat	1
40	Back Cushion	1
41	Foam Grip	2
42	Shaft	1
43	Left Pedal	1
44	Left Crank	1
46	V-Ribbed Belt (230J)	1
47	V-Ribbed Belt (240J)	1
48	Pulley w/ Shaft	1
49	Ball Pin	1
50	Bearing Housing Cover	2
51	Right Crank	1
52	Right Pedal	1
53	Pulley Shaft	1
54	Pulley	1
55	Lever	1
57	Tension Knob	1
58	Spring	1

PARTS LIST

PART#	PART NAME	QTY
59	Connection Wire	1
61	Strap	1
62	Carriage Bolt (M8 x 1.25 x 60mm)	4
63	Bolt, Hex Head (M6 x 1 x 45mm)	2
64	Bolt, Button Head (M8 x 1.25 x 40mm)	6
65	Carriage Bolt (M8 x 1.25 x 48mm)	2
66	Bolt, Button Head (M8 x 1.25 x 75mm)	1
67	Bolt, Button Head (M8 x 1.25 x 20mm)	2
68	Eye Bolt (M6 x 1)	2
69	Bolt, Button Head (M8 x 1.25 x 55mm)	2
70	Bolt, Button Head (M8 x 1.25 x 65mm)	1
71	Bolt, Button Head (M8 x 1.25 x 12mm)	3
72	Screw, Round Head (M4 x 15mm)	18
73	Screw, Round Head (M5 x 20mm)	2
74	Bolt, Round Head (M6 x 1 x 12mm)	10
75	Screw, Flat Head (M5 x 15mm)	1
76	Screw, Round Head (M5 x 10mm)	2
78	Flange Nut (M10 x 1.25)	2
79	Acorn Nut (M8 x 1.25)	4
80	Arc Washer (M8)	6
81	Washer (M8)	16
82	Nylock Nut (M8 x 1.25)	9
83	Nut (M10 x 1.25 x 7mm thick)	2
84	Tension Bracket	2
85	Nylock Nut (M6 x 1)	4
86	C Ring (17mm)	6
87	Ball Bearing (6003RS)	2
88	C Ring (10mm)	2
90	Lock Washer (M8)	2
91	Endcap	2
92	Large Washer (ø8.2 x ø25 x 2mm Thick)	2
93	Magnet	1
94	Nut (M10 x 1.25 x 4mm thick)	1
95	Screw, Round Head (M4 x 0.6 x 10mm)	1
96	Left Pedal Strap	1
97	Right Pedal Strap	1
98	Nylock Nut (M10 x 1.5)	1
99	Washer (M10)	1
100	Idler Shaft	1
101	Ball Bearing (6200ZZ)	1
102	Washer (M6)	1
103	Warning Label	1
104	Coaster	1
105	Wrench	1
106	Allen Wrench (5mm) w/ Screwdriver	1
107	Manual	1
108	Magnetic Disc	1
109	Magnetic Brake	1
110	Ball Bearing (6000ZZ)	2
111	Wave Washer (S10)	1
112	Wave Washer (S17)	1
113	Idler Wheel	1
114	Sleeve	1
115	Large Washer (ø8.6 x ø22 x 1.5mm Thick)	3

Coaster Toss

On the bottom of the WIRK Ride Workstation box, you'll notice a point system for the WIRK Coaster Toss. Use the included WIRK coaster to hold your coffee cup, water, iced pomegranate lemonade, or to play COASTER TOSS!!!

Rules:

One player at a time will toss the coaster from a predetermined distance to the box, attempting to land the coaster onto the box. We recommend 3 paces, but the distance for your game is up to you. Choose tossing order by drawing straws, flipping a coin, playing paper-rock-scissors, alphabetical by last name, shoe size, etc.

Points are determined by the section of the box where the coaster comes to rest. If the coaster lies between two sections, the player is awarded the points where the majority of the coaster lies (i.e. if more than half of the coaster is in the 30 point section, player is awarded 30 points). No points are earned if the coaster falls off the box.

First player to earn 100 or more points wins. Every player shall get an equal number of tosses. For example, if player 1 reaches 100 points in 5 tosses, the other players shall get to toss their fifth attempt if they are within tying range. The winner is determined by the player who has the highest score over 100 at the end of the round.

In the event of a tie, a one toss tiebreaker shall be held between the players. The player with the highest one toss score will be the winner. Tiebreaker toss shall be repeated until a winner is determined.

The winner shall be rewarded with a prize of the group's choosing. We suggest ownership of the WIRK Coaster until the game is played again.

NOTES

NOTES

TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at customerservice@staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer service representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.

ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com

TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071 Springfield, MO. 65801-1071

Would you like to recieve email information or special offers from Stamina Products? Register at contact.staminaproducts.com

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to register.staminaproducts.com. Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

PRODUCT REGISTRATION FORM

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Model Number: ..... Serial Number: .....

Product Name: .....

Place Purchased: .....

Date of Purchase: ..... Purchase Price: .....

First Name: ..... Last Name: .....

City: ..... State: ..... Zip Code: .....

Email Address: ..... Phone #: ( ) .....

Would you like to receive email information or special offers from Stamina Products?* ____Yes ____No *If yes, be sure your email address is included above.

Detach and Mail or Fax the Form Above

TO ORDER PARTS

If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.

Detach and Mail or Fax the Form Below

PARTS ORDER FORM

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Mr./Ms: .....

Address: ..... Apt. #:.....

City: ..... State: ..... Zip Code: .....

IMPORTANT : We must have your phone number to process the order!

Phone #: ( ) ..... Work Phone #: ( ) .....

Date of Purchase: .....

Model #: .....

Purchased From: .....

IMPORTANT : Before filling out the form below make sure you have the correct information.
Refer to the parts list to make sure you're ordering the right parts!

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1